

FEELING STRESSED? MAKE A...

DIY STRESS BALL



Materials

Ballon

Cornstarch

Water

Instructions

1. Use a funnel or cut the top of a water bottle to use as a funnel and attach the balloon to open up the balloon.
2. Add a little bit of water to the balloon.
3. Add 1 TBSP of cornstarch into the balloon and use a tool to push the cornstarch down into the ballon, if needed.
4. Continue to add water and 1 TBSP of cornstarch until the balloon is full
5. Once the balloon is filled as much as possible, tie a knot at the end of the balloon to close it off and then you're done

Video Tutorial:

<https://www.youtube.com/watch?v=ndp2gq6wveM>